

Communicator

May, 2011 No. 5

Employees' Retirement System

Contact Information

Employees' Retirement System

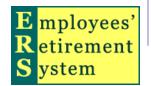
Please contact the Employees'
Retirement System (ERS) at **414 -278-4207** in Milwaukee or **toll-free at 877-652-6377** outside of Milwaukee for all Pension questions, including Retirement calculations. You can also contact ERS via email at ers@milwcnty.com.

Life & Health Benefits

Please contact the Benefit Division with Life and Health Benefits related questions at: **414-278-4198**. You can contact Benefits via email at benefits@milwcnty.com

Newly Retired

Timothy Allen Georgene Bernatz Mary Bailey Gary Ballenger Bruce Baumann Bonnie Baumbach Claude Bechtel Diane Bruski Chiree Buliox Lynn Burke William Bushman Wendell Butler Kevin Carr Pauline Cira Cheryl Clemons Barbara Cowen Dennis Cimpl Jon Domencich Ann Demorest Jeanne Deswysen Thomas Dineen Gina Dobernig Paul Douglas Debra Dublinski Sandra Edwards-Iones John Flanders



From the Desk of the ERS Manager

RETIREES & VETERANS BENEFITS

Many retirees are living on a fixed income and are in need of community support services. Milwaukee County has local organizations that offer free or low cost elder services, such as food, prescriptions, health care, energy assistance and counseling. ERS retirees who served in the United States Armed Forces may be eligible for a wide variety of free State and Federal benefits offered through the Milwaukee County Veterans Service Office.

The County Veterans Service Office partners with local agencies to provide a range of services to veterans. Some of these benefits include:

- Burial
- Disability
- Educational Support
- Home Mortgages
- Home Refinancing
- Home Improvements
- Veteran Pensions
- Veteran Residency

- Emergency Grants
- Health Care Grants
- Vision & Dental Care
- Household Furniture
- Loans
- Legal Services
- Property Tax Credit
- Homeless Assistance

The Milwaukee County Veterans Service Office exists to serve our veteran retirees and their spouses. Many veteran retirees are entitled to available benefits and services. It is important to inform our eligible veterans of support services that could provide additional assistance to their pension payment and enhance their standard of living. Please see Page 2 for Milwaukee County Veterans Service Office contact information.

Newly Retired Members—Continued

Iris Fields
Michael Grebner
Audelio Guardiola
Linda Halquist
Kenneth Hanson
Novella Hardrick
Irving Hennings
Peggy Highshaw
David Jaet
Donald Jager
Susan Jevaltas
Barbara Kuhlthau
Mariellen Kostopulos
Vickie Krueger
Margaret Kurtz

Nancy Laster
Darlene Lee
David Legler
Julia Loritz
Robert Lovelace
Lawrence Maher
Vicki Miller-Sowinski
Paul Maczka
Jeannine Maher
Wayne Majerowski
Patsy Martin
Linda Michalski
Margaret Mildren
Mildred Ortiz
Christine Panek

Allen Pankow
Judith Phillips
Sharon Ponto
Mary Rewolinski
Russell Rainer
James Raml
Emma Reed
Catherine Remiszewski
Dorothy Robinson
Paublina Rodriguez
John Sabatinelli
Arthur Sanchez
Wallace Schneider
Jeffrey Schultz
Michael Serdynski

Jean St. Louis
Stuart Swessel
Thomas Thompson
Stacey Timm
Keith Toporski
Otis Turner
Eric Wallner
Linda Watts
Sandra Welsher
Shirley White
Cynthia Wichgers Hayes
Peggy Williams
Susan Yoder

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More information on these benefits can be obtained at:

Milwaukee County Veterans Service Office Bldg 4, 5000 W. National Avenue Milwaukee, WI. 53295 Attention: Jim Duff Tele. 414-382-1727 / Fax. 414-382-1708 Hours: Monday-Friday / 8:00am – 4:30pm

Veterans that served their country.... deserve to have their community serve them.

Life & Health Update

6 Tips for Talking to Your Doctor About Pain

Be your own pain advocate. Make the most of the time you spend with your doctor to get the care you need. Be your own pain expert to get the most out of your office visit.

Below are six tips to help you effectively talk about your painful condition. Being accurate and specific about your pain will help you get the best diagnosis and treatment. These tips are helpful if you have fibromyalgia, arthritis or other chronic pain conditions:

1. Choose your words to describe pain.

Here are some examples:

Sharp	Tender
Stabbing	Stiff
Tugging	Dull
Burning	Deep pain
Achy	Pressure

2. Tell your doctor when the pain is at its worst:

- In the morning when you wake up
- During the day after activity
- In the evening before you go to sleep
- At night (interfering with sleep)

3. Describe other symptoms beside the pain.

- Flu-like symptoms: tired, achy feeling all over the body
- Nodules on your hands or elsewhere
- Rashes

4. Describe the location of pain.

Be very specific. Point to a specific location or more than one area on your body. Keep track of pain by marking an "x" on a simple outline drawing of the body. Take the picture with you to the doctor as a visual reminder.

5. Describe how your symptoms limit your daily activities.

6. Keep a pain log.

Track your pain for a few days before seeing your doctor. In the pain log, keep track of items 1 through 6. Also, note what medications, both prescription and over-the counter, you took to relieve the pain and whether they helped. Include any herbal preparations. Also note any complementary treatments, like a massage, a warm bath or meditation. And note if these provided any relief.

In Memoriam

Please keep the families of these recently deceased retirees and spouses in your thoughts:

Antonia Briski	Jessie Hawthorne	Joyce Kohler	Larrell Saunders
Helene Burback	Yvonne Hedstrom	Walter Liebherr	Walter Scotty, Sr.
Ruth Chipley	Joanne Henry	Charles Melotik	David Stoner
Imogene Day	Elizabeth Hickson	Norine Morrell	Jessie Terry
Dennis Dumke	Anton Huber, Jr.	Margaret Morris	Genevieve Zenil
Frances Grafenauer	Carol Jones	Darryl Nevers	
Gustavo Gutierrez	Thomas Kingbury	William Platz	